

GIG Education Bulletin Flours, Grains, Thickening Agents & Starches

Updated May 2011



**GLUTEN
INTOLERANCE
GROUP**

Flours, Grains, & Thickening Agents Allowed	AMARANTH	ARROWROOT STARCH	BEAN FLOUR	BUCKWHEAT	CORN BRAN	CORN FLOUR	CORN GERM	CORN MEAL	CORN STARCH	MILLET	MONTINA (INDIAN RICE GRASS)	QUINOA	POTATO FLOUR	POTATO STARCH FLOUR	RICE BRAN	RICE FLOUR (WHITE)	RICE FLOUR (BROWN)	RICE FLOUR (SWEET)	RICE POLISH	RICE STARCH FLOUR	SORGHUM FLOUR	SOY FLOUR	TAPIOCA STARCH	TEF
Good thickening agent		X							X	X				X				X		X	X		X	
Good combined with other flours	X		X	X	X	X	X	X		X	X	X	X	X	X	X	X	X	X		X	X	X	X
Best combined with milk & eggs in baked product	X					X		X					X	X		X	X	X	X			X		
Grainy – textured products						X		X								X	X							
Drier product than with other flours													X	X		X	X							
Moister product than with other flours			X							X	X	X						X						X
Adds distinctive flavor –use in moderation	X					X					X								X			X		X
Short shelf-life															X		X		X			X		X
Browns and fries nicely											X	X									X			

Flours, Grains, Starches, & Cereals to Avoid

	BARLEY	CAROB – SOY FLOUR	KAMUT	OATS	RYE	SPELT	TRITICALE	WHEAT FLOUR	WHEAT GERM OR BRAN	WHEAT STARCH
Contains gluten-proteins harmful in celiac disease	X		X		X	X	X	X	X	X
A member of the wheat family			X			X	X	X	X	X
This cereal may be contaminated with gluten containing grains or flours		X		X						

The following flours, starches, grains, and cereals are not recommended on the gluten-free diet unless safety can be established.